

TRADITIONAL CHINESE MEDICINE

Traditional Chinese Medicine (TCM) is a holistic approach of healing the whole person using Acupuncture and Chinese Herbology.

Acupuncture is based on the vital force that flows through the body in pathways called meridians. Points located on these pathways are manipulated to successfully treat many diseases, the most common being condylitis, arthritic conditions, headaches, allergic reactions, muscle spasm, stress and trauma. There have been clinical trials where it is used to treat anxiety disorders, depression, and gynecological disorders, with success in addiction dependency. Acupuncture includes ear acupuncture, moxabustion and electro-acupuncture.

Chinese Herbology uses natural herbs to treat a wide variety of diseases by stimulating the body's innate healing ability. Chinese herbology is usually combined with acupuncture, nutrition and life-style changes to promote health.



Merek Ramirez is Nationally Board Certified (NCCAOM) in Acupuncture, Chinese Herbology, & TuiNa, while holding a license from the **State of Ohio Medical Board**. He is a graduate of the *International Institute of Chinese Medicine and ReiKi* Master.

THERAPEUTIC MASSAGE

Clinical Therapeutic Massage works on the nervous system to counteract the body's response to stress. It relaxes muscle tension and allows the heart rate, blood pressure, and circulation to return to normal. Therapeutic Massage has been shown to be useful in treatment of arthritis, Chronic Fatigue Syndrome, muscle spasm, stress disorders, depression, TMJ, Fibromyalgia, headaches, injury, and much more. By receiving Therapeutic Massage regularly, a person can experience the cumulative effects of reduced muscle tension, increased vitality, and improved ability to achieve a calm state of mind.

Nationally Certified Sports Massage includes Pre-Event Massage: An oilless sports massage for peak performance and injury prevention. Preventive Massage: The training massage to keep the athlete pain and injury free; ready for an all-out effort. Restorative Massage: For the chronically injured athlete or for fresh injuries in the rehabilitation stage. Post-Event Massage: Keep pain, soreness and depression to a minimum.

Myofascial Therapy uses subtle stretching to lengthen and loosen restrictions in the fascial system and is beneficial to patients in pain due to falls, auto accidents, or chronic syndromes.

Certified Cranial Sacral Therapy (CST) developed by John Upledger, is a gentle, hands-on method of determining and releasing restrictions in the cranial system that surrounds the brain and the spinal cord. Correcting this imbalance can help alleviate a full range of sensory, motor or neurological dysfunction.



Jim DeWine is licensed by the State of Ohio Medical Board and a graduate of S.H.I. He has completed certifications from: Sports Massage Training Institute (SMTI) - Dr. Myk Hungerford; Myofascial Release - Earle Timberlake; Sports Massage - William Mitchell; British Sports Therapy - Stuart Taws; and Ortho-Bionomy Certification.

REFLEXOLOGY

Reflexology is an alternative practice based on the premise that there are zones and reflex areas in the feet and hands which correspond to all glands, organs, parts and systems of the body. The physical act of applying pressure using thumb, finger and hand techniques to these reflex areas results in the reduction of stress promoting physiological changes in the body and stimulates the body's natural ability to heal itself to a state of balance where health can be restored.

Reflexology is natural, non-invasive, remarkably effective and completely safe. After a treatment, the recipient will feel extremely relaxed, light and revitalized with a wonderful sense of well-being.

Research studies from around the world have proven that Reflexology is profoundly effective in gently alleviating health problems through relaxation as diverse as:



- PMS
- Backache
- Headache
- Arthritis
- Depression
- Joint Pain
- Digestive Problems
- Stress & Fatigue
- Heart Disease
- Menopausal Problems
- Asthma
- Anxiety



Reflexology can be enjoyed by anyone, from young babies to the elderly.

Sandy Cline, Certified Reflexologist. Graduated from, Reflexology Institute for the Healing Arts [RIHA], H. H. Academy and Australian College of Chi-Reflexology.

REIKI

ReiKi is a comprehensive holistic therapy effective in promoting healing in many forms of physical illness and injury, as well as releasing numerous types of mental and emotional issues. It is effectual in clearing an underlying cause (root) of a sickness, and can lead to complete health and harmony.

Our **ReiKi Masters** are **Sandy Cline, Jim DeWine, Merek Ramirez.**



HARMONY CENTRE

The Harmony Centre of Integrative Medicine is a non-profit organization offering an array of healing modalities not usually found in one location. Our approach is to integrate holistic healing and ancient Chinese medicine with allopathic medicine to address the whole person. Sickness does not only result from a bodily/physical dysfunction, but can also be mental, emotional and/or spiritual in origin. Call and experience why alternative healing is the kinder, more loving approach to wellness.

Come visit us at our newly remodeled 6,000 sq ft facility in downtown Springfield



31 East High Street ~ 5th Floor
Springfield, OH 45502
937-327-9233



Integrative Medicine is a collaborative effort combining evidence-based complementary health care practices with allopathic medicine. It is becoming increasingly apparent that doctors are beginning to move in harmony with changes in the community. **The Harmony Centre of Integrative Medicine** aims at closing this gap in our local area. We consider all factors that influence health, wellness, and disease, including mind, spirit and community as well as body.



Come and experience the "Integrative" approach to healing at our conveniently located, enlarged facilities.



716 Xenia Avenue
Yellow Springs, OH 45387
937-767-2951

"Alternative Medicine Healing the Whole Person"



Per HIPAA Regulations, all information is confidential and not released without a signed waiver by the client.

HARMONY CENTRE OF INTEGRATIVE MEDICINE



Integrative Medicine Inc

"Integrating Complimentary Modalities with Western Medicine"

TRADITIONAL CHINESE MEDICINE (TCM)

- Acupuncture
- Chinese Herbology
- Auriculotherapy

THERAPEUTIC MASSAGE

- Myofascial
- Sports Massage Physical Medicine
- Muscle Energy Technique
- Cranial Sacral Therapy
- Essential Oils and more...

REIKI

- Energy Work



MEDICAL CLINIC LOCATIONS:

31 East High Street ~ 5th Floor
Springfield, OH 45502
937-327-9233

and

716 Xenia Avenue
Yellow Springs, OH 45387
937-767-2951

email: appt@harmonycentre.org
web: www.harmonycentre.org

